REGINA metro®

NEWS WORTH SHARING.

Devastation in Lac-Mégantic

Dozens are still missing following Saturday's deadly blast in Quebec town PAGE 4

Overloaded with email

A life coach offers tips on how to bring order to an overstuffed inbox PAGE 13

MOTHER MOTHER, TOIL AND TROUBLE

THE VANCOUVER INDIE BAND FINDS INSPIRATION — AND HUMOUR — IN THE BLEAKNESS OF THE HUMAN CONDITION PAGE 9

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WIND BENEATH THEIR WINGS

The Snowbirds 431 Air Demonstration Squadron was flying high at the Canada Remembers Our Heroes Air Show on Sunday afternoon in Saskatoon. Veterans from across the province gathered at Auto Clearing Motor Speedway to be honoured for their service. For more photos of the air show, see page 3.

ALYSSA MCDONALD/METRO

Calls grow louder for twinning of heavily travelled highways

Campaign. Advocates for a dividing of the Hwy. 6, Hwy. 39 corridor from Regina to the U.S. say the route has seen too many tragedies

ROSS ROMANIUK
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After three more deaths days ago on the highway corridor between Regina and the North Portal border crossing, advocates for a twinning of the road have stepped up their push on the province.

The Estevan-based Time To Twin Committee believes it's making at least a bit of progress in its campaign for a divided route from the capital to the North Dakota border, due in part to recent supportive statements from their area's Conservative MP, Ed Komarnicki.

But despite about 1,100 names on an online petition, committee co-chairwoman Marge Young said on Sunday that the Saskatchewan government continues to throw up roadblocks.

"We will not quit," Young said of the effort, which began in 2009, for a widening and twinning of Highway 6 and Highway 39 along the entire, heavily travelled trucking corridor.

"We're just local citizens. We're not appointed, we're not elected and nobody can tell us to be quiet and go away. Some people don't like that."

A head-on crash that killed two Regina residents and a Weyburn motorist on Highway 6, about 16 kilometres south of Regina, last Wednesday has raised the death toll from traffic mishaps on the corridor to 61 since 2002, Young said, citing statistics from Saskatchewan Government Insurance.

Provincial government staff did not respond on Sunday to a request for comment. However, Highways Ministry spokesman Doug Wakabayashi said in a recent news report that the corridor falls short of a traffic-volume threshold that the province uses to gauge the need for such a twinning project.

The cost of dividing the corridor from Regina to the border, Young said, is pegged at $1.2 million for each of its approximately 250 kilometres.

"We see how dangerous the highway has become," she said, noting a traffic increase because of economic and population growth.

"Our total agenda from Day 1 has been safety — the safety of our family and friends, and the safety of others who have to travel this highway."

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NEWS 1

Marketing the farmers' market

To market, to market. TheFarmersTable.ca lets consumers buy directly from farm groups with the click of a mouse

ROSS ROMANIUK
ross.romaniuk@metronews.ca

It's like a farmers' market, but with even more sustainable, healthy farm products in the market.

That might be one way to describe The Farmers' Table, a new business group of rural Saskatchewan producers who have gone online to sell their goods directly to consumers.

And their emphasis in all of this is the well-being of farm animals, and of the people eating their products.

"There's a focus on sustainability for the environment, which also results in a healthier product. It's a really fresh product, because it's not having to travel thousands of miles to get to us," Nikko Snyder, Regina co-ordinator for the team of four farm groups involved in The Farmers' Table, said on Sunday.

"And we're taking advantage of new technologies to offer consumers a way to order food in addition to the regular farmers market."

Using their website TheFarmersTable.ca, the producers take online orders for meat, eggs, vegetables and other foods before delivering them monthly to a central Regina location for pickup by mostly urban clients. Their first delivery on Saturday ran smoothly, and showed the demand for what farmer Sara McChesney called the "one-stop shop" for "real, naturally produced" food.

"It's a market that's really growing," said McChesney, who farms with her husband Curtis McChesney and other family members near Kelvington.

"We're hoping that it goes on to bigger and better things," she added. "We're just responding to what people want, and they want more."

McChesney pointed out that The Farmers' Table had "never set it up to be a competition" with the Regina Farmers' Market, but rather to give consumers an option.

Nikko Snyder, co-ordinator for The Farmers' Table, says the project is about healthy foods, sustainability and consumers getting more informed about what they're buying. ROSS ROMANIUK/METRO

"And you can talk to your farmer if you have questions about it. They're actually there," Snyder explained.

"Our hope is that we'll get more farmers on board, and that as we go, consumers will get something out of it and find it's a useful project. We're excited about where it could go. We're just right at the beginning."

New bag checks rough ride for rule breakers

Roughriders coach Corey Chamblin directs his team from the sidelines during the game Friday.
LIAM RICHARDS/THE CANADIAN PRESS

As the Saskatchewan Roughriders took to the field last Friday for their home opener of the 2013 CFL season, fans at Mosaic Stadium were dealing with new game-day security measures — including more frequent bag checks.

The Roughriders' front office says the measures are being brought in for the Grey Cup, which will be played at Mosaic this November — and that it's tackling them now to prepare staff and fans in advance of the championship game.

While some fans say the increased security is necessary, others are questioning the motive behind the move.

Regina native Chad Dwyer says an increased security presence is understandable with the new temporary grandstands significantly expanding the stadium's seating capacity to about 40,000.

"I'm definitely OK with more frequent bag checks," he said on Sunday. "Especially with (the team) hosting the Grey Cup.

"In a city going through a large expansion, there is bound to be more risk in having more spectators."

One fan, who didn't want to be identified, argued that the real reason behind the increased security is to prevent people from bringing their own liquor to games — which would cut into concession sales.

Yet, some fans say stadium personnel should enforce the rules to ensure games maintain a family-friendly atmosphere.

"I think it's a non-issue to have amplified security," said Melissa Fiacco, who attended Friday's game. "Especially because it's meant to be a family-oriented experience."

Fiacco said she didn't have her bag checked on Friday night, though she has had her purse checked a few times in the past.

Security at Mosaic Stadium is an issue only to those fans who "break the rules," she added.

"I think the worst thing that can happen to the Rider brand," she said, "is the perception that home games are unsafe or unenjoyable."

MARCO VIGLIOTTI/METRO

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Saskatchewan honours its heroes

The 2013 Canada Remembers Our Heroes Air Show blasted off on Sunday after rain delays set the two-day show back on Saturday. For more photos from the event, visit metronews.ca

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

1 In the beginning. The show started with a march of veterans joined by new officers of the army, RCMP and protective service members.

2 Flying solo high in the sky. A CF-18 Hornet takes a solo flight at the Canada Remembers Our Heroes Air Show.

3 Singing for the crowd. Singing trio 'Ladies for Liberty' performed both Canadian and U.S. national anthems, as well as entertained the crowd with retro hit songs.

4 Illustrating their tricks. The Snowbirds 431 Air Demonstration Squadron ended out the air show with more than 30 minutes of tricks in the sky.

5 His own model plane. Three-year-old Nixon Cannon shows off his plastic model of a Snowbirds plane.

6 Showing off their gear. Many service groups — including the Saskatoon police and fire services — showed off their gear, equipment and vehicles to the crowd.

Broken families left waiting as crews sift through charred ruins

Lac-Mégantic train disaster. Police say it's inevitable more missing will be declared dead

The downtown core of Lac-Mégantic, Que., lays in ruins as firefighters continue to douse smouldering rubble on Sunday. RYAN REMIORZ/THE CANADIAN PRESS

About 40 people were still missing Sunday evening after the spectacular blaze and explosions that razed much of Lac-Mégantic, Que., increasing the likelihood that the number of fatalities could soar from the official death toll of five.

"We have to be careful with that number because it could go up or down," said provincial police Lt. Michel Brunet.

It was the first time police went public with an estimate since the derailment of a train carrying crude oil Saturday morning. Police said a higher death toll is inevitable.

About 30 buildings were destroyed after tanker cars caught fire shortly after 1 a.m.

Two of the train cars were still burning on Sunday morning, hampering the search for victims in the debris.

Prime Minister Stephen Harper visited the town of 6,000 — about 250 kilometres east of Montreal — on Sunday and likened it to a "war zone."

Throughout the day, people streamed in and out of the town's evacuee shelter. Some who gathered outside wiped tears as they braced for bad news about their loved ones.

Henri-Paul Audette headed there in hope of reuniting with his missing brother. Audette, 69, said his brother's apartment was next to the railroad tracks, very close to the spot where the train derailed.

"I had thought ... that I would see him."

David Vachon said he has one friend whose sister is missing and another who is still searching for his mother.

The cause of the accident is a runaway train, according to the railway's operator.

The president and CEO of Rail World Inc. said the train was parked uphill of Lac-Mégantic before it became loose and began careening downhill.

THE CANADIAN PRESS

28,000 per cent boost

Rail profits off pipe fears

An eye-popping 28,000 per cent increase in the amount of oil shipped by rail over the past five years is now coming under scrutiny.

Canada's railways have painted themselves as a strong alternative to politically unpopular pipelines. The Canadian Railway Association estimates as many as 140,000 carloads of crude oil are expected this year, up from only 500 in 2009.

A rash of recent accidents prompted the association's president to post a recent online message, asserting that railways deliver dangerous goods "99.9977 per cent" of the time without incident.

The Quebec disaster is the fourth freight-train accident under investigation involving crude-oil since the beginning of the year, according to the federal Transportation Safety Board.

THE CANADIAN PRESS

Coup far from complete

Supporters of Egypt's ousted President Mohammed Morsi protest near Cairo University on Sunday. Feuding erupted within Egypt's new leadership as secular and liberal factions wrangled with ultraconservative Islamists who rejected their choice for prime minister, stalling the formation of a new government. NASSER SHIYOUKHI/THE ASSOCIATED PRESS

Air Canada Flight 621

Memorial finished after 43 long years

Some family members of those killed in one of Canada's worst aviation disasters said a memorial unveiled in Brampton, Ont., on Sunday has helped them cope with 43 years of grief.

Families of those on board Air Canada Flight 621 laid white roses on the plaque that holds the names of the 109 victims of the July 5, 1970 crash.

Lynda Fishman, who lost her mother and two young sisters, said that before the unveiling of the memorial garden at the crash site, the area remained in "a state of complete disrespect."

She said that the outpouring of support for the victims of Saturday's plane crash in San Francisco showed how delinquent Air Canada was in honouring the victims and in its failure to clean up debris and human remains at the crash site. THE CANADIAN PRESS

Asiana flight tried to abort a slow landing

A federal safety official said Sunday the cockpit voice recorder from Asiana Flight 214 showed the jetliner received a warning that it could stall because it was flying too slowly.

National Transportation Safety Board chief Deborah Hersman said Sunday that the plane was travelling far slower than the target landing speed of 137 knots per hour, or 250 km/h.

"We're not talking about a few knots," she said.

Hersman added that the aircraft's stick shaker — which warns pilots of an impending stall — went off moments before impact. The normal response is to increase speed to recover control.

There was an increase in speed several seconds before the crash, she said.

The recorder also showed the Boeing 777's crew called to abort the landing about 1.5 seconds before impact.

The flight data recorder and the cockpit voice recorder from the plane. NTSB/THE ASSOCIATED PRESS

There was no indication in the discussions between the pilots and the air traffic controllers that there were problems with the aircraft.

Hersman earlier said investigators are looking into what role the shutdown of a navigational aid may have played. She said pilots were told that the glide slope — a ground-based aid that helps pilots stay on course while landing — had been shut down since June.

Hersman told CBS that there were many other tools available to help pilots land.

Chinese state media identified the dead as two 16-year-old girls from China's eastern Zhejiang province. San Francisco Fire Department Chief Joanne Hayes-White said 19 people remain hospitalized, six of them in critical condition.

The South Korean government said the passengers included three Canadians.

THE ASSOCIATED PRESS

Video of animal farm 'horrifying'

Whistleblower. Owner of GuZoo, a roadside attraction in Alberta, says he feels violated

JEREMY NOLAIS
Metro in Calgary

Animal-rights activists are demanding the Alberta government reopen its investigation into the controversial roadside GuZoo after new footage and photos have surfaced depicting what it claims are poor living standards and safety hazards for exotic animals housed on site.

The nearly 10-minute video shows what appears to be filth in numerous birdcages and fridges, maggots crawling in a bowl of food set next to a baby lynx and other domestic cats, and at least four animal carcasses scattered outdoors among piles of other garbage.

Metro obtained the photos and footage from the Council of Concerned Albertans for Animal Welfare and Public Safety.

"I'm horrified," said Lexci Johnston, council vice-president. "You don't have to be an animal lover to look at baby animals in the care of able-bodied humans being presented with maggots. That baby lynx is what they hand out to kids to take pictures with; meanwhile that thing's got a belly full of parasites."

Domestic cats are seen in an enclosure at Alberta's GuZoo near a food dish infested by maggots.
CONTRIBUTED/CCAAWPS

GuZoo, located near Three Hills, Alta., previously came under fire in 2011 after photos of public areas that many deemed substandard sparked a viral social media campaign calling for its immediate closure.

Reached Sunday, owner Lynn Gustafson confirmed the video was taken by what he suspects was a trespasser over the Canada Day long weekend. He also conceded there were maggots in the cat food and carcasses on the trash piles but chalked it up to everyday operations on a farm that's home to nearly 400 domestic and exotic animals.

"It's all bulls–t," Gustafson said, adding he suspects a visit from SPCA officials Friday was linked to the footage. "You can make anything you want out of it. I could go to your house and find something that's wrong probably."

Gustafson said the maggots in the cat cage swarmed after he accidentally left some food in there overnight, adding, "That wasn't what they were eating anyway."

As for the carcasses, Gustafson claims he was going to burn them but the weather was too damp and they were kept well away from public areas.

The council said it was sent the photos — 200 of them in total — and video from an anonymous whistleblower, whose identity they can't confirm.

Online

To see more photos and the video of GuZoo, head to metronews.ca

Trudeau charges Stampede

Federal Liberal Leader Justin Trudeau popped up at an unexpected place on Sunday as he continues to drum up political support from voters.

Trudeau appeared at the annual Stampede breakfast hosted by Alberta's Progressive Conservative Premier Alison Redford.

He shook hands with Redford and the two spoke briefly before he moseyed along to shake hands and pose for photos with a throng of people who turned out to chow down on pancakes, scrambled eggs and sausage.

"You know what? There's a lot of Progressive Conservatives who don't feel at home in the approach Stephen Harper's extreme right-wing Conservatives are taking and I'm glad to be meeting with anyone and working with anyone and talking about the challenges we're facing in the future," said Trudeau.

Liberal Leader Justin Trudeau makes an appearance at Alberta Premier Alison Redford's Stampede breakfast in Aldersyde, Alta., on Sunday.
LARRY MACDOUGAL/THE CANADIAN PRESS

"I'm glad to have a chance for the first time to meet with Premier Redford, but I look forward to many good conversations in the coming months and years," he added.

On Saturday, Prime Minister Stephen Harper dropped the gloves in a speech to his annual Stampede barbecue.

Harper said both the NDP and the Liberals would remove Canada's influence and power on the world stage, saying the NDP's ideas are "dangerous" and the Liberals' thinking "vacuous." THE CANADIAN PRESS

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When you can't take the heat

As temperatures soared across the country in recent weeks, heartbreaking stories emerged of children dying and dozens of dogs being rescued after being left unattended in parked cars. Metro reporter Ruth Davenport got a sense of how it feels to be in a hot car when she spent 40 minutes in a parked vehicle on a day when the humidex pushed the temperature to a muggy 37 C.

At 10 minutes ...

This isn't so bad. I feel like I'm wearing a heavy sweater in a sauna, but I'm not thirsty, short of breath or in distress. Despite having the window cracked, the dollar-store thermometer has climbed to 49 C.

At 15 minutes ...

I'm sweating profusely now, taking a lot of deep breaths and yawning consistently.

"Your body is responding to the heat by changing its cardiovascular reserve," says Halifax physician Dr. John Gillis. "As you start to get dehydrated, your heart rate goes up ... your body is trying to make sure oxygen is replaced, hence the deeper breaths."

At 20 minutes ...

I'm uncomfortably hot and unpleasantly soggy. The imaginary sweater has gotten tight and I'm feeling pressure over my nose and mouth. The thermometer needle has climbed past the maximum temperature of 49 C.

At 25 minutes ...

The heat is getting intolerable, and I'm dizzy and drowsy — enough to want to close my eyes and go to sleep.

"Confusion goes along with it," Gillis says. "It's a continuum from feeling groggy to being profoundly confused as your body starts to react in different ways."

Metro reporter Ruth Davenport bakes inside a car during a Halifax heat wave. JEFF HARPER/METRO IN HALIFAX

At 30 minutes ...

My heart is thumping faster and harder than normal, I'm starting to puff a little, and I just feel too hot. My face in particular is burning as though I'm bending over a hot stove, but I can't pull away. I'm in distress — a child would be in danger.

"They have less moisture on board, they have less ability to regulate their surface area in terms of their ability to sweat," Gillis says. "Everything's different, and their ability to cry for help, it's quite unfortunate."

At 35 minutes ...

I'm torn between staying another five minutes or escaping this rancid, sweltering, suffocating nightmare. A child or dog wouldn't get the choice, so I decide — with some genuine apprehension for my well-being — to stay. My head droops.

At 40 minutes ...

It's a relief to step out of the car into the baking parking lot. I'm sucking in deep breaths, and stagger a little on the way to the office. I drink water slowly and flatten ice packs on my face and neck. I feel sluggish, drained, even a little hungover, and it takes almost another 40 minutes for me to feel normal again. The experiment has been unpleasantly informative, and not one I'd care to repeat.

"There's a real continuum, from heat exhaustion all the way to heat stroke," Gillis says. "Inside a closed space where there's no ventilation and you have sun beating down ... it can be quite dangerous."

By the numbers

49 C

Temperature inside car: 49 C
Normal temp for human body: 37 C
Serious fever threshold: 40.5 C

Quoted

"With the temperature in the car at 120 F (49 C), the body is still going to regulate itself to a point by sweating and using whatever mechanisms it has available to keep temperatures down, but eventually those stop."

Physician Dr. John Gillis

Think again, drivers

Though some online commenters say they'll leave their pets in the car with the engine running and the air conditioning on, a Halifax vet says that's not a great plan.

- "What if, for some reason, the car stalls or there's a carbon-monoxide buildup?" Dr. Hugh Chisholm asks. "If you're not there to monitor, those are things that can be deadly, as well."

Parked vehicle a death sentence for furry friends, vet warns

A Halifax veterinarian says it can take less than half an hour for a dog to suffer mortal damage if it's left inside a car on a hot day.

"It's a heck of a horrible way to die.... Everything is stacked against the poor dog," Dr. Hugh Chisholm says.

Dozens of dogs across the country have already been rescued from parked cars this summer, victims of owner ignorance or separation anxiety.

No place like home

Dr. Hugh Chisholm says even if a dog doesn't like being left at home, it's far better off there than in the stifling confines of a car.

- "You can leave a window open or leave an electric fan on ... you can leave water for them," he says. "Trust me, they're way better off at home."

Chisholm says dogs can dissipate heat only through their tongue or foot pads, a small surface area to begin with.

There's no air movement in a car — even with the windows cracked — and without access to water, the dog won't be able to regulate its internal core temperature and will literally cook from the inside out.

"Even if you get them out and cool them down, it doesn't mean that you've saved those internal organs that have suffered irreversible damage," he says.

RUTH DAVENPORT/METRO IN HALIFAX

Two dogs look out of a vehicle parked with its window only slightly down. The picture is a photo illustration, and both dogs were out of the vehicle within a minute. JEFF HARPER/METRO IN HALIFAX

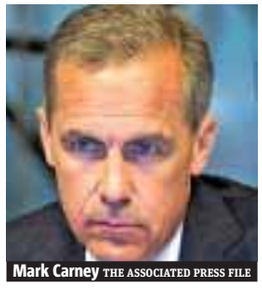
U.K. currency. Women will get the note, Carney says

Former Bank of Canada governor Mark Carney is working to put images of women on Britain's new bank notes, years after removing images of women from Canada's own currency.

In his first week as new governor of the Bank of England, Carney acceded to protests that designers of Britain's new five-pound note plan to replace an image of Elizabeth Fry with one of Sir Winston Churchill.

The proposed move would leave no women on any British bank-note denominations, apart from the Queen, which Carney said "is not the Bank's intention," promising an announcement by the end of the month.

The British protest against the removal of female images on the currency parallels a similar protest in Canada, when Carney, as Canada's central bank governor, announced in 2011 that an icebreaker would displace the images of five famous women on a new series of $50 polymer notes.



Mark Carney THE ASSOCIATED PRESS FILE

The move sparked a campaign to restore the image of the so-called Famous Five, led in part by Calgary city council. The bank quickly countered it was too late to change the designs, the result of a $20-million research, testing and development process. THE CANDIAN PRESS

Trade deal. Talks open construction contracts over $7.8M to EU firms

Canadian construction contracts more than $7.8 million would be open to bids from European countries under the coming Canada-EU trade agreement, according to a source familiar with the negotiations.

Canadian and European Union officials have been hammering out the details of the Comprehensive Economic Trade Agreement (CETA) for months. One of those details is the dollar thresholds for goods, services and construction contracts.

Under the agreement, contracts for goods and services more than $315,000 would be subject to the agreement, as would construction contracts more than $7.8 million.

A number of Canadian municipal leaders have expressed concern about the deal, mostly around local governments' ability to procure local companies. Another concern for local leaders is a lack of information — the negotiations have been a tightly guarded affair.

International Trade Minister Ed Fast's office would not confirm the thresholds last week. Negotiations resume in Ottawa this week.

ALEX BOUTILIER/METRO IN OTTAWA

Auto sector

- The Canadian Press is reporting that as part of the trade talks, Canada has opened the door to increase car sales in Europe by eight-fold to 100,000 units.
- That potential win for the Canadian auto sector is one of several new elements highlighted in a leaked document.

Nuclear safety

Japan poised to get reactors back online

Japan is moving a step closer to restarting nuclear reactors as utilities are set to ask for safety inspections at their idled reactors, the clearest sign of Japan's return to nuclear energy nearly two and a half years after the Fukushima disaster. With all but two of its 50 reactors offline since the crisis, Japan has been without nuclear energy that once supplied about a third of its power. THE ASSOCIATED PRESS

Clairessa Mills looks over the main desk for help at the Labor Ready temporary employment agency in Warren, Ohio, in this March 2009 file photo. The number of temps in the U.S. has jumped more than 50 per cent since the recession ended four years ago to nearly 2.7 million. THE ASSOCIATED PRESS

Temp jobs become permanent fixture

Employment. Number of temps in U.S. has jumped more than 50% since recession ended

Hiring is exploding in the one corner of the U.S. economy where few want to be hired: temporary work.

From Walmart to General Motors to PepsiCo, companies are increasingly turning to temps and to a much larger universe of freelancers, contract workers and consultants. Combined, these workers number nearly 17 million people who have only tenuous ties to the companies that pay them — about 12 per cent of everyone with a job.

Hiring is always healthy for an economy. Yet the rise in temp and contract work shows that many employers aren't willing to hire for the long run.

The number of temps has jumped more than 50 per cent since the recession ended four years ago to nearly 2.7 million — the most on government records dating to 1990. In no other sector has hiring come close.

Driving the trend are lingering uncertainty about the economy and employers' desire for more flexibility in matching their payrolls to their revenue. Some employers have also sought to sidestep the new health care law's rule that they provide medical coverage for permanent workers. Last week, though, the Obama administration delayed that provision of the law for a year.

By the numbers

27%

Even when jobs are classified as "temp to permanent," only 27 per cent of such assignments lead to permanent positions, according to Susan Houseman, an economist at the Upjohn Institute of Employment Research.

The use of temps has extended into sectors that seldom used them in the past — professional services, for example, which include lawyers, doctors and information technology specialists.

Temps typically receive low pay, few benefits and scant job security. That makes them less likely to spend freely, so temp jobs don't tend to boost the economy the way permanent jobs do. More temps and contract workers also help explain why pay has barely outpaced inflation since the recession ended.

Beyond economic uncertainty, Ethan Harris, global economist at Bank of America Merrill Lynch, thinks more lasting changes are taking root.

"There's been a generational shift toward a less committed relationship between the firm and the worker," Harris says.

An Associated Press survey of 37 economists in May found that three-quarters thought the increased use of temps and contract workers represented a long-standing trend.

THE ASSOCIATED PRESS

Rhino manure may soon be powering Ontario homes. TORSTAR NEWS SERVICE FILE

Harnessing the power of rhino poo

Flipping a light switch doesn't normally conjure images of a defecating rhino, but a novel project at Toronto Zoo might just change that.

An energy plant project set for construction in 2014 will turn manure into electricity for Ontario's power grid, after a 50-day "digestion" process.

"It works basically like a big concrete stomach," said Daniel Bida, executive director of the ZooShare project.

The power plant plans to harness the energy of excrement by taking 3,000 tonnes of manure from rhinos and other large animals at the zoo, as well as 14,000 tonnes of grocery store waste, and breaking it down to produce a combination of electricity, heat and fertilizer.

The project moved a step closer to reality recently, when the ZooShare Biogas Co-operative signed a 20-year contract with the Ontario Power Authority.

"The power we all consume when we turn on the lights, it'll be part of that," Bida said. "We're excited to roll up our sleeves and get to work." Ontario's power grid will receive the equivalent energy to what 250 homes consume every year, Bida said. THE CANADIAN PRESS

DON'T GET ROUGH, RIDER FANS

URBAN COMPASS

Paul Sullivan
regina@metronews.ca

As of this morning, the Riders are the only undefeated CFL team in the country.

And now they have the best behaved fans, whether they want to be or not.

There's a new sheriff in town — the Roughriders have hired a new head of security.

He comes with a number of hooligan-reducing measures, such as increased bag checks, stadium videos to remind fans that pride is cool but it goes hand-in-hand with respect for those around you.

Concession staff are being trained not to sell more alcohol to people who have obviously already had enough, even though they may think you can never get enough.

There's even a security line you can text if the idiot next to you throws up on your shoes, although the damage will already be done.

All of these measures are meant to make sure the 101st Grey Cup does Rider Pride proud, and the team figures that it makes sense to start now so that by game time, we'll all have manners.

Good luck with that.

I'd like to know how far the Riders are going to go with this respect thing.

That guy who keeps blowing out my eardrums with the vuvuzela? Can I dial security at 306-536-5312 and have a beefy guy turn up with a cork?

Will they slap a bounty on Gainer the Gopher?

Will they douse The Flame because he poses a fire hazard?

I mean, really.

Rider fans are a bit frisky at times, but if you think it gets rowdy here, how about Sao Paulo, Brazil, where the other day a soccer referee evicted a player, then stabbed him to death?

Enraged by the harsh penalty, the fans fell on the ref, stoned him to death, quartered his body, decapitated him and stuck his head on a stake.

Those people really need a video and a security text number, don't you think?

Meanwhile, it's a good idea to remember that the Grey Cup is played in November, when the fans might be too busy trying to keep from freezing to death in the stands to waste their energy on unruly behaviour.

Of course, the need for the emergency consumption of alcoholic beverages for medicinal purposes increases, so it will be difficult to tell when to cut somebody off.

Are they comatose from over-consumption or merely frozen to death?

You can see why training is a good idea.

Me, I'm just going to do everything I can to sit next to The Flame and keep feeding him methanol, or whatever it is he burns.

The 2013 Grey Cup motto: Stay warm and smarten up?

ZOOM

March of the flamingos

MARTIN HARVEY/PHOTOSHOT/SOLENT

It's a parade of pink

Millions of Lesser Flamingos group together in search of food in Lake Bogoria in Kenya. So thick and regimented are the lines of birds that they turn the shoreline vibrant pink. Wildlife photographer Martin Harvey was lucky enough to witness this spectacular phenomenon. **METRO**

One of the greats

"To witness a concentration of birds like this is, without a doubt, one of the greatest ornithological experiences in the world."
Martin Harvey, wildlife photographer

Why this stinky lake?

For many animals, Lake Bogoria would be the last place to gather: the volcanic geysers and fumaroles that belch sulphurous effluent into the lake make it so alkaline that it's extremely difficult to support any aquatic life. But for flamingos, the lake is an eating paradise: it's extremely rich in blue-green algae, which the birds thrive upon. **METRO**

Fun flamingo facts:

- **What makes them pink.** The pigment beta-carotene in their diet from algae and shrimp give them their famous colour.
- **How they find a mate.** Courtship rituals include neck stretching, synchronized dancing and honking.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Overwhelmed with a crushing sense of anxiety and ennui? It's likely because you have an entire month before Breaking Bad comes back. Stave off the void with these documentaries streaming now on Netflix.

Camp 14:
Total Control Zone:

The North Korean regime is easy to mock and malign, but the stories of Shin Dong-hyuk — who has spent most of his young life living in a labour camp — and two former guards reaffirms that behind all the goofy photo-ops and cartoonish "Juche Idea" myth-making is a world of widespread human suffering.

The Man Nobody Knew:

William Colby spent his life as a Cold War-era CIA operative before rising to the top of the agency, a post he held from 1973 to 1976. Unsurprisingly, such a life doesn't leave much time to be a family man, so it's up to his son Carl to learn about the man his father was through interviews with his colleagues and historians.

How To Die In Oregon:

Oregon is one of the few places in North America that allows assisted suicide, and this award-winning documentary introduces you to a group of terminally ill men and women who have made the decision, and the state employee whose unenviable job it is to guide them through it. You'll know within the first few minutes if you can handle the raw emotion of it all. Stick it out if you can for a stark and empathetic look at a hot-button topic.

Comments

RE: Ricky, Julian and Bubbles are back: Trailer Park Boys to start filming new episodes, published July 4 online

I hope it's better than the drunk and on drugs sh—ty hour. The first couple of seasons of TPBs were great, but then it was like watching a plane crash. What made the first seasons great was that you could see some truth in the struggles. It was real. When they started introducing puppets and got rid of Cory and Trevor it all kind of went to s—t. It felt like they were drunk on set at all moments just #$%^ing around. Smart move on the director's part. The guys won't likely see a return on their investment. They should have invested in bitcoins!
Scott Rhoads, posted to metronews.ca

That's great news. My wife and I loved the originality of the show and the fact it's a "Made in Nova Scotia" product only adds to its allure!
Art West, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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Mother Mother mine bright ideas from some dark places

Balancing act.
Vancouver indie act treads a delicate line, mixing weight and whimsy in their music

ALEXANDRA CAVALLO
Metro World News in New York

Mother Mother explores the human condition in their music. HANDOUT

If the only Mother Mother song you've ever heard is their chipper — and catchy as hell — single Bright Idea (featured in a series of Kraft Cheese commercials) you might get the idea that they're a sugar-poppy, radio-friendly outfit. You'd be mistaken.

In fact, the Vancouver quintet's music (loosely described here as indie-rock, though their eclectic, eccentric sound defies such generalizing classification) is markedly cerebral — and decidedly dark. "I like people and the human condition," says frontman and guitarist Ryan Guldemond, of the inspiration for their songs' artfully crafted, eloquent (and oftentimes odd) lyrics.

"But not in the lovely ways, more in the sad or bleak ways. And I like kind of drawing out the comedy in those things."

It's that delicate line between light and dark, weight and whimsy, that is Mother Mother's hallmark. And it's a line they walk with practiced ease.

At first listen, the darker undertones of their music might not be immediately apparent. Indeed, admits Guldemond, "I think that a lot of people don't necessarily hear it, and they come out with this misguided idea that we're a happy band with a happy message. Because it's not totally common for people to listen too closely to lyrics these days."

Not to listen closely would be a disservice to both listener and musician, as it's the complex (and sometimes head-scratching) lyricism that makes this relatively under-the-radar band (they're big in their homeland but, "America is a tough nut to crack ... where there's not that automatic domestic embrace, you kind of have to hustle a little harder and bank on certain cosmic aspects like luck and serendipity," he says) so interesting. But Guldemond is the first to admit that while Mother Mother is prone to meandering, verbose songwriting, there is something to be said for brevity, now more than ever.

"You do have to be very immediate in today's popular music genre," he muses. "And it's almost harder to be simple and immediate with something than it is to take your time. I was talking to a new music composer recently — and this is a guy who does not listen to pop, who does not exist in this world, but he's quite a brilliant musician and composer, and very cerebral and creates these long musical journeys — and he was saying that he finds writing a three minute pop song far more difficult than writing, you know, a 20-minute-long avant garde piece for 18 musicians. I think there's a lot of truth in that. It's harder to cut to the chase than it is to be long-winded."

In the moment

Keeping it real — in music and in approaching their part of the world — seems to be what Guldemond and his bandmates are all about. When taking the stage, he says, he tries to remind himself to stay in the moment. "It is the one little window during the day where you can let loose a bit. I find it curious when bands on tour, when they play, they look excruciatingly bored or something. Not to say that they need to be animated — there can be a lot of passion in stillness — but that's different than just looking like you're bored or not having a good time," he says.

Yo La Tengo have no plans to Fade

There are people who credit Yo La Tengo with defining the genre of indie rock. One, writer/fellow musician Jesse Jarnow, wrote an entire book about it, Big Day Coming: Yo La Tengo and the Rise of Indie Rock. If it's true, it's a pretty epic legacy. If you ask frontman and co-founder Ira Kaplan, however, he's reluctant to even entertain the idea.

"That's something that really does not enter into our life much," he explains, in his slow, thoughtful way. "Even the notion of indie rock is nothing I'm particularly fond of. I don't really know what it is. On a personal level, when somebody says that to me — not when someone writes it, but when a band says that to me — it is meaningful, and I'm happy. I mean I'm proud of what we've done, and I am happy when someone finds it inspiring, but I think about it as little as possible."

One wonders if, after putting out 13 studio albums (not to mention the countless collaborations, covers and compilations,) they ever hit a creative wall. "It doesn't seem that way. Maybe our standards are too low," laughs Kaplan. "I would say that every time we finish making a record, that's pretty much the only time I think about that. You always figure, well it's got to run out some time ... but it seems to just happen that at a certain point we all kind of know we're ready and get to work."

Fade is the most recent product of that work, and it's the trio's tightest album in more than a decade. "We did consciously make this new record a shorter record, thinking that we had made so many 70-minute records in a row, and we wanted to challenge ourselves to do something more succinct," he says.

Still, "I wouldn't use the word concession," he continues. "I wanted to know for myself that we could do something shorter. So it wasn't a concession, it was a challenge. Certainly nobody was demanding it but us."

ALEXANDRA CAVALLO

Yo La Tengo is credited with defining the indie rock genre. HANDOUT

The Word

Who is holding hands with other celebrities?

STARGAZING
Malene Arpe
scene@metronews.ca

This week in sweet affection: 1) Kylie Jenner and Jaden Smith hold hands in public. 2) Johnny Depp and Amber Heard hold hands in public. 3) Katy Perry and John Mayer hold hands in public. 4) Kanye West stops scowling at Kim Kardashian for at least three seconds.

• Jennifer Lopez is so very sorry about performing at the birthday party for the dictator of Turkmenistan, Gurbanguly Berdimuhamedow. She feels terrible, especially because ol' Gurbanguly is a human rights abuser, a warmonger and a despot but, most of all, because it somehow got out that she got paid to play for him.

• Rumours fly that former vampire Robert Pattinson may be dating Elvis' granddaughter Riley Keough. He likes Riley because she looks like Kristen Stewart and talks like Kristen Stewart, yet doesn't let other men grope her in public like Kristen Stewart. It's a win-win.

• Jamie-Lynn Sigler says that her baby will have a "normal name, a real name." Rainbow Aurora, North West, Breeze Beretta and Ace Knute shake their tiny, angry fists at her.

• British artist Roger Dean is suing James Cameron for $50 million, claiming that the idea for Avatar was stolen from him. Roger Dean is also suing his buddies and his mom for not convincing him to watch the movie until last month.

• Teen Mom, star alcoholic, Charlie Sheen texter, drunk driver, breast implant connoisseur and sex tape participant Farrah Abraham has checked into a rehab facility to learn to make "better choices." Well, the good news is that there aren't really any bad ones left.

• Amanda Bynes tweets, "I want a million dollars a year for illegally having my mind read and privacy stolen." "We all want that, but let us try to not get completely unreasonable," says Edward Snowden.

• Martha Stewart alluded to once having been part of a threesome. "Don't look at us," said a home-spun blanket and a delicious leg of rosemary lamb.

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JULY 19
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No purchase necessary. Contest open to residents of Canada, excluding Quebec, who have reached the age of majority (18) years of age or older. Odds of winning depend on the number of eligible entries received. Twenty (20) Prizes are available to be won, consisting of two tickets to see 'The Conjuring' during its run of engagement. (approximate retail value $26). Skill testing question required. Contest closes July 14, 2013 at 11.59PM (EST). To enter and for complete contest rules visit www.clubmetro.com

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Justin Bieber and Selena Gomez. ALL PHOTOS GETTY IMAGES

Gomez's friends continue to trash Bieber

Are serial on-again, off-again romancers Justin Bieber and Selena Gomez back on again?

They certainly looked pretty cozy in an Instagram photo Bieber posted from a Fourth of July party along with the hashtag "heartbreaker." Gomez also pops up in an Instagram video posted by Bieber's pal Alfredo Flores at the same party. If they are back together again, Gomez's friends certainly aren't thrilled about it, according to Radar Online.

"Selena's friends have stuck by her through thick and thin, but the whole back-and-forth relationship with Bieber is really starting to wear on them," a source says.

"None of her friends really like Justin — or at least, they don't like Selena with Justin. It's just not a healthy relationship. He has something on her. She knows he's not the right thing for her, but she can't stay away."

Twitter

@MatthewPerry
The one upside of the ridiculous jet lag I am experiencing is that I am up for Breakfast at Wimbledon live! No DVR for me!

@TheRock
A masseuse named Kristina. Four Seasons - Budapest. THE strongest hands I've ever felt. Pain so good I think I met Jesus.

@IJasonAlexander
Brutal day of poker. Great hands simply didn't hold up. I got crushed. But this is when I remember, I have a great f—ing life. So, onward.

Forget scotch, get naked

Channing Tatum.

Some men like to relax with a nice glass of scotch when they get home, but for Channing Tatum nothing beats nudity.

The recently crowned Sexiest Man Alive tells Elle magazine that he can't fight the urge to strip down the second he walks in the door.

"I have a really nice back porch where the pool is," he says. "Once the shoes are off, the socks come off too, and then everything else downstairs just follows at some point."

Oscar in the middle

Neil Patrick Harris.

Neil Patrick Harris has now hosted the Tonys four times and will host his second Emmys ceremony this September, so naturally the Oscars are right around the corner for him, right?

"Someday. Who knows?" Harris offers modestly, according to E! News.

"That's the kind of question if you say, 'No, I don't want to do it,' you look like a d—, and if you say, 'I'm dying to do it,' you look like a d—. So you're kind of left in the middle."

Bath time

Knee saver

Save your knees when you're giving your kidlets or pets a bath with a foam gardener's kneeling pad! You can get them for under $10 at local retailers, they're usually waterproof or resistant, and they slide away for out-of-sight storage. **KAT INOKAI OF YUMMYMUMMYCLUB.CA**

Different discipline

Dance it out

You know those days when your kids are literally bouncing off the walls? We all have them.

My son, who is about to turn five, has taken to jumping off the cushions (often into the walls of our living room) on a regular basis. And some days, no matter how many times I ask, he will not sit still.

That's when I turn to Carly Rae Jepsen for help. I grab the baby, crank Call Me Maybe and we all dance. It entertains the baby and gets some of my big kid's wiggles out while at the same time preventing me from yelling or pondering duct taping him to the couch. A solid win, I'd say. **ROBIN FARR OF YUMMYMUMMYCLUB.CA**

Exclusively online

Read about the (mis)adventures of parenthood with Reasons Mommy Drinks online at metronews.ca/voices

Riding the toddler roller coaster — and I don't even like rides

Temper tantrums. All kids throw them at one point or another. Here's how one mom handled her little girl's worst meltdown yet

HAILEY EISEN
YummyMummyClub.ca

A few weeks ago my incredibly brave three-year-old took my mother by the hand and pulled her toward the Dragon Roller Coaster at Centreville, the kid-friendly amusement park on Toronto's Centre Island.

My mom went with her because I refused to. I don't like roller coasters.

After the ride, my daughter looked slightly terrified, but also extremely proud of herself. My mom said that as the ride began, she looked over at Willow and noticed a look of panic on her face. "Just close your eyes and scream," my mother told her. And so the two of them did just that.

Somehow this has come to be a perfect metaphor for life with a toddler. Despite the fact that I really, really don't like roller coasters, it seems I'm riding one — on a daily basis. This past weekend was the most frightening.

Perhaps it was the heat or her beloved daycare teacher announcing she'd be leaving at the end of the week or maybe it was just because she's three.

No matter the reason, the roller coaster ride began midweek and continued through Saturday, culminating in the longest, loudest temper tantrum I've yet to experience.

What made this particular ride so terrifying was how unpredictable it was. One minute our little girl was her usual, happy self and the next, we were all running for cover.

How did I handle all of this?

As most roller coasters do, this one started out slowly. I braced myself. I tried to ignore the unreasonable protests. I tried to divert her attention. And I asked her calmly what was bothering her.

But, the louder her screams got, the harder it became to ignore. She didn't want the new wagon we had just bought her. She didn't want to take a bath. She wasn't tired. She didn't need to eat something.

I wanted the ride to stop so I tried reasoning with her. "What's really making you so upset?" "Can you please stop yelling?" "Let's go do something fun." No such luck.

The louder she got, the more panicky I felt.

Get. Me. Off. This. Ride.

Every time the roller coaster seemed to be slowing down, I'd take a deep breath. But then it would start up again. I'm pretty sure I cried. I definitely said, "I can't do this" about a hundred times. And finally, when I just couldn't take it anymore, I took my mom's advice. I closed my eyes and screamed. (Actually, my mom's advice is to read parenting books, which I bought but haven't read yet.)

Thank goodness, Sunday morning the roller coaster came to a full stop. My little girl woke up smiling and remained in a good mood all day.

But the thing with the toddler roller coaster is, you never know when it will start up again. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD**

The toddler roller coaster is one unpredictable ride. ISTOCK

Don't like the name someone picks? Too bad! ISTOCK

I'll name her Apple if I want to!

KAREN GREEN
YummyMummyClub.ca

When I was pregnant with my first child (gender unknown), we told my mother that if it was a girl, we were going to name her India. To my husband and me, India was a beautiful, lyrical name steeped in both ancient roots and possibility. But to my mother, it was a travesty.

India? Who comes up with a name like India? We do, we told her, and instantly wished we hadn't said a word.

Turns out, our little girl was not an India. She's Mischa, I told my husband. He agreed. Even my mother was happy with our choice.

It's so easy to judge parents, but to me, the lowest you can go is to make fun of a child's name. Celebrities provide the easiest fodder, what with their creatively-named progeny (Pilot Inspektor comes to mind), but it certainly doesn't end there. I have seen friends, relatives and co-workers wrinkle their noses at a new parent's name choice. I have even seen a well-known and well-respected member of the online parenting community making fun of a brood of siblings' nature-inspired monikers.

It's not cool. Stop it.

If we forget about the fact that what somebody else names their child is truly not any of our concern, we could still argue that every child is unique, so why shouldn't their name be as well?

For kids, popular or conventional is not always better. Let's ask the 50 gazillion Jennifers born in the 1970s if they thought it was so awesome to be known as Jen S.5 throughout their school years.

I've heard adults justify their smug judgment with comments like, "That's a lot to saddle a kid with" or "he's going to hate his parents for giving him that name." Maybe that's true, but I hope little Oake and her brother Thalon will grow up in a more open-minded environment, where acceptance of something as basic as their name will not be a consideration to fight for.

Ginger-lemon marinade holds secret to tasty chicken

ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

These Chicken Kabobs with Ginger-Lemon Marinade are an easy summertime recipe for the barbecue.

Change up the colour of the bell peppers and feel free to substitute peaches or plums for the pineapple. Fresh fruit is always preferred.

Serve the kabobs over rice, couscous or quinoa.

1. Ginger-Lemon Marinade: In bowl, combine lemon juice, water, vegetable oil, sesame oil, vinegar, brown sugar, ginger, coriander, and fennel seeds (if using); mix well. Add chicken and mix; marinate 20 minutes.

2. Alternately thread chicken cubes, green pepper, pineapple and tomatoes onto 4 long or 8 short barbecue skewers. Barbecue for 15 to 20 minutes or just until chicken is no longer pink inside, brushing often with marinade and rotating every 5 minutes. **ROSE REISMAN BRINGS HOME LIGHT COOKING BY ROSE REISMAN (MCM BOOKS)**

Ingredients

- 8 oz boneless skinless chicken breasts, cut into 2-inch(5 cm) cubes
- 16 squares sweet green pepper
- 16 pineapple chunks (fresh or canned)
- 16 cherry tomatoes

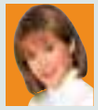
Ginger-Lemon Marinade

- 3 tbsp lemon juice
- 2 tbsp water
- 1 tbsp vegetable oil
- 2 tsp sesame oil
- 1 1/2 tsp balsamic vinegar
- 4 tsp brown sugar
- 1 tsp minced ginger root (or 1/4 tsp ground)
- 1/2 tsp ground coriander
- 1/2 tsp ground fennel seeds (optional)

This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS)

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com or follow
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There's nothing better than cooling off with an ice cream on a hot summer day. If you're stocking up the freezer with these cold treats, watch the calories, fat and sugar content.

Haagen Dazs Caramel Almond Crunch bar

320 calories/21 g fat/21 g sugar

This addictive dessert with caramel ice cream, milk chocolate and roasted almonds will cost you.

Equivalent

A Haagen Dazs Caramel Almond Crunch bar is equal in fat to 26 Kraft caramels.

Breyers Vanilla Caramel Chip bar

120 calories/6 g fat /13 g sugar

This is a better nutritional treat since it contains both milk and cream, where as Haagen Dazs only has cream.

Lunch. Overnight Pressed Picnic Sandwich

1. Slice the loaf of bread in half horizontally. Use your fingers to carefully pull or scrape out the inside of each half of the loaf, leaving about 1/2 inch of bread. Spread half of the pesto over the cut side of each half.

2. Top the bottom half of the loaf of bread with the chicken, jarred peppers, provolone and the salami, in that order.

3. Top that with the bell peppers, then the olives.

4. Top with the upper half of the loaf. Wrap the loaf tightly first in plastic wrap, then in foil. Place the wrapped loaf on a baking sheet, then top with a second baking sheet. Place the whole arrangement in the refrigerator, then top with something very heavy, such as a few large cans of tomatoes, or a cast iron skillet.

5. Refrigerate overnight. When ready to serve, unwrap and slice. **THE ASSOCIATED PRESS**

Ingredients

- 1 loaf Italian bread
- 3/4 cup purchased pesto
- 2 cups coarsely shredded meat from a rotisserie chicken
- 3/4 cup jarred sweet-hot peppers, such as banana, sliced
- 4 oz sliced provolone cheese
- 4 oz sliced salami
- 1 small yellow or orange bell pepper, cored and thinly sliced
- 1 small green bell pepper, cored and thinly sliced
- 1/2 cup sliced Kalamata olives

Skip the burger and have a ball

KAREN HUMPHREY
YummyMummyClub.ca

1. Preheat oven to 375 F.

2. In bowl, stir garlic, onion, pepper, salt, Italian seasoning, bread crumbs and Parmesan cheese. Add ground beef and egg, and mix well with your hands.

3. Line rimmed baking sheet with foil and very lightly grease it with oil.

4. Shape beef mixture into 1/2 inch sized balls and place on baking sheet. You should get about 26 of them. Bake meatballs for 20 minutes until cooked through. To check, take one off the sheet and cut it in half to make sure there is no pink in the middle.

5. Split buns in half and place on a baking sheet. Turn oven to broil. Gently toast buns until golden. Meanwhile, put pasta sauce in a small pot and heat on low until it's bubbling and hot.

6. Once buns are lightly toasted, take out and place four meatballs per sandwich on a bun. Drizzle with about 2 tbsp of warm pasta sauce. Then place mozzarella cheese on each. With oven still on broil, place sandwiches in oven to melt the cheese, watching carefully so buns don't burn. When cheese is soft and buns toasted, serve sandwiches with extra sauce on the side for anyone who wants some. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.**

Ingredients

- 2 garlic cloves, minced
- 1/2 small onion, grated
- 1/2 tsp cracked pepper
- 1/2 tsp salt
- 2 tsp Italian seasoning
- 2/3 cup dry bread crumbs
- 1/4 cup Parmesan cheese
- 1 lb lean ground beef
- 1 egg
- 6 of your favourite buns
- 3/4 cup of your favourite pasta sauce
- mozzarella cheese slices for each sandwich

This meatball sandwich recipe makes six sandwiches. KAREN HUMPHREY OF YUMMYMUMMYCLUB.CA

How to bring some order to your inbox

Feeling overwhelmed? Get some oxygen. You're still going to have to read, but you'll feel more relaxed when doing so. ISTOCK

Avoid mail fail. Don't let the send button take hold of your summer with these easy email tips

JULIA FURLAN
Metro World News

Inbox zero might as well be the lost city of Atlantis for most people. Between work and personal email addresses — not even counting Facebook, Twitter, LinkedIn and other social media — it's nearly impossible to escape the constant uptick of unread messages that come in from every corner of the digital universe.

As summer gets into gear and emails pile up over coveted vacations, we checked in with life coach Stacy Kim, founder of the company LifeJunctions about how to make sure email overload doesn't take over our relaxing summers.

Tip 1: One thing at a time

Unfortunately for us — and contrary to what many of our bosses believe — there is no such thing as multi-tasking, Kim says. "There is a lot of research about how our brains don't really multitask. We don't do two things at once, we just switch back and forth really quickly," she says. All this switching between tasks is often the root of people's anxiety and stress problems. "The more you can do just one thing at a time, I think that's the number one suggestion that I give everybody," Kim says. "And I try and remember that myself," she adds, laughing. "For example, when I'm checking an email and somebody else pings me in any other format, I try not to respond until I'm done. If I do switch, I make a conscious decision to switch."

Tip 2: A few focused minutes go a long way

The email deluge can be particularly bad after taking a long weekend or a few days away from work. Kim says that to avoid stress, people should set aside a chunk of time and try to prioritize.

"Go through very quickly and try to remember that when you go on vacation, you're going to come back to a lot of email. Most people understand that and understand you won't get back to them right away," Kim says. Prioritizing which emails need responses first is key to making sure they are dealt with.

"You say, 'I'm going to make a note of that' and go to the next one," she says, adding that you should aim for a chunk of focused minutes of email-checking. "When you check it, you may have to spend more time, but you're not going to check it as often," she says.

The business of breath

Inhale. Exhale. (Then do it again.)

- What many of us don't notice is that facing an email inbox stuffed with stress and anxiety can cause us to hold our breath — and that's bad news for all kinds of things, according to Kim.
- "When you have to check your email, give yourself a few huge, deep breaths from your diaphragm," Kim suggests. "Taking a moment to breathe really does help decrease your stress levels. I don't think I can stop the emails — none of us can stop them — but what we can try to do is control the responses we have to them."

Andy Murray defeated Novak Djokovic to capture the men's championship at Wimbledon on Sunday in London, England. CLIVE BRUNSKILL/GETTY IMAGES

Murray finally the man at Wimbledon

Tennis. Scot ends 77-year drought of a British player capturing men's championship

Andy Murray needed one more point, one solitary point, to win Wimbledon — a title he yearned to earn for himself, of course, and also for his country.

Britain had endured 77 years since one of its own claimed the men's trophy at the revered tournament referred to simply as The Championships, and now here was Murray, on the brink of triumph after three hours of gruelling tennis against top-seeded Novak Djokovic under a vibrant sun at Centre Court.

Up 40-love, Murray failed to convert his first match point. And his second. And then, yes, his third, too. On and on the contest, and accompanying tension, stretched, Murray unable to close it, Djokovic unwilling to yield, the minutes certainly feeling like hours to those playing and those watching. Along came three break points for Djokovic, all erased. Finally, on Murray's fourth chance to end it, Djokovic dumped a backhand into the net.

The final was over.

The wait was over.

A year after coming oh-so-close by losing in the title match at the All England Club, the No. 2-ranked Murray beat No. 1 Djokovic of Serbia 6-4, 7-5, 6-4 Sunday to become Wimbledon's champion in a test of will and skill between a pair of men with mirror-image defensive styles that created lengthy points brimming with superb shots.

"That last game will be the toughest game I'll play in my career. Ever," said Murray, who was born in Dunblane, Scotland, and is the first British man to win the grass-court Grand Slam tournament since Fred Perry in 1936. "Winning Wimbledon — I still can't believe it. Can't get my head around that. I can't believe it."

THE ASSOCIATED PRESS

Nestor wins mixed title

Daniel Nestor of Toronto and Kristina Mladenovic saved two match points, then went on to win the mixed doubles title at Wimbledon on Sunday by beating top-seeded Bruno Soares and Lisa Raymond 5-7, 6-2, 8-6.

- The win for Nestor was his third major mixed doubles title. He also won the Australian Open in 2007 and 2011.

Tour de France

Martin wins stage, Froome clings to lead

Left alone and with his teammates far behind, Chris Froome held off repeated attacks to retain the Tour de France lead Sunday as the three-week race left the Pyrenees mountains.

Dan Martin of Ireland, a 26-year-old Garmin-Sharp rider, won Stage 9 following a two-man sprint against Denmark's Jakob Fuglsang.

In the 168.5-kilometre trek, Froome was relieved he was able to quash four attacks by Movistar's Nairo Quintana on the last climb despite his Sky teammates lagging behind. They were worn out after a strong team effort to help him win the yellow jersey a day earlier. THE ASSOCIATED PRESS

NHL

Seguin blames 'hackers' for anti-gay tweet

Recently acquired Dallas Stars forward Tyler Seguin says an anti-gay comment that showed up on his Twitter account came from "hackers."

The Stars said in a statement Sunday that they had "addressed the issue directly" with Seguin. The tweet showed up on his account Saturday and was quickly removed.

Seguin posted an apology on Twitter and said he was temporarily shutting down his account because of "repeated attempts by hackers to try to damage my reputation."

The 21-year-old Seguin was traded to Dallas by Boston on Thursday.

THE ASSOCIATED PRESS

Reilly shows more than one way to skin Ticats

Eskimos QB Mike Reilly dives into the end zone for a touchdown against the Tiger-Cats in Guelph, Ont., on Sunday. AARON LYNETT/THE CANADIAN PRESS

Edmonton quarterback Mike Reilly threw two touchdown passes and rushed for a third as the Eskimos defeated the Hamilton Tiger-Cats 30-20 in a torrential downpour during CFL action on Sunday night in Guelph, Ont.

Hugh Charles had two touchdowns and Fred Stamps added one for Edmonton while CJ Gable and Ed Gant scored for Hamilton.

Hamilton QB Henry Burris had one TD pass and two interceptions, while Hamilton kicker Luca Congi made two of three field-goal attempts, from 39 and 26 yards, and missed from 42.

Heading for drier ground

12,612

Game attendance for the Tiger-Cats' home opener at Alumni Stadium was announced as 12,612, but most of those made a run for it when the rain became heavy in the second quarter.

Edmonton improved to 1-1 after a 39-18 loss to Saskatchewan last week. After putting up 34 points in last week's 39-34 loss to Toronto, the Ticats (0-2) could only muster 20 points.

It was the Ticats' home opener at Alumni Stadium, home to the University of Guelph Gryphons, which was temporarily expanded this season to seat a capacity 13,000, while a new stadium is built in Hamilton.

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Horoscopes

♈ Aries
March 21 - April 20
Few people have the guts to challenge you directly, which is why you must be on your guard for rivals who use underhand methods.

♉ Taurus
April 21 - May 21
You should be aiming high now and looking to make a name for yourself. Whatever field of endeavor you work in you have what it takes to reach the top.

♊ Gemini
May 22 - June 21
Steer clear of people who talk nicely to you in public then say bad things about you behind your back. You know who they are and you know why they act the way they do. It's because they envy you, with good reason.

♋ Cancer
June 22 - July 23
Today's new moon in your sign, combined with Saturn moving in your favor too, empowers you to be whoever you want to be and do whatever you want to do.

♌ Leo
July 24 - Aug. 23
Common sense should tell you that certain opinions are best kept to yourself – and if common sense doesn't then the planets certainly do! Not everyone is ready to hear the truth, at least not from someone as outspoken as you.

♍ Virgo
Aug. 24 - Sept. 23
This is a time of great opportunity, so make the most of it and don't waste a single second on trivial matters or trivial people.

♎ Libra
Sept. 24 - Oct. 23
Someone in a position of authority will be full of themselves today but you may find it hard to share in their high spirits. That's a shame because, if you make nice, they will make an effort to boost your career.

♏ Scorpio
Oct. 24 - Nov. 22
Saturn turns direct in your birth sign today. What does that mean in plain and simple language? It means you can no longer lie to yourself about a problem of some sort.

♐ Sagittarius
Nov. 23 - Dec. 21
You are trying too hard to get something done. Today's influences urge you to slow down and not be quite so serious about your ambitions.

♑ Capricorn
Dec. 22 - Jan. 20
You need to get your ego out of the way and be less judgmental, both of other people and of yourself. Today's new moon will help you look at those around you with a more forgiving eye. Look in the mirror too.

♒ Aquarius
Jan. 21 - Feb. 19
Go out of your way to be nice to people today. You can do it if you try!

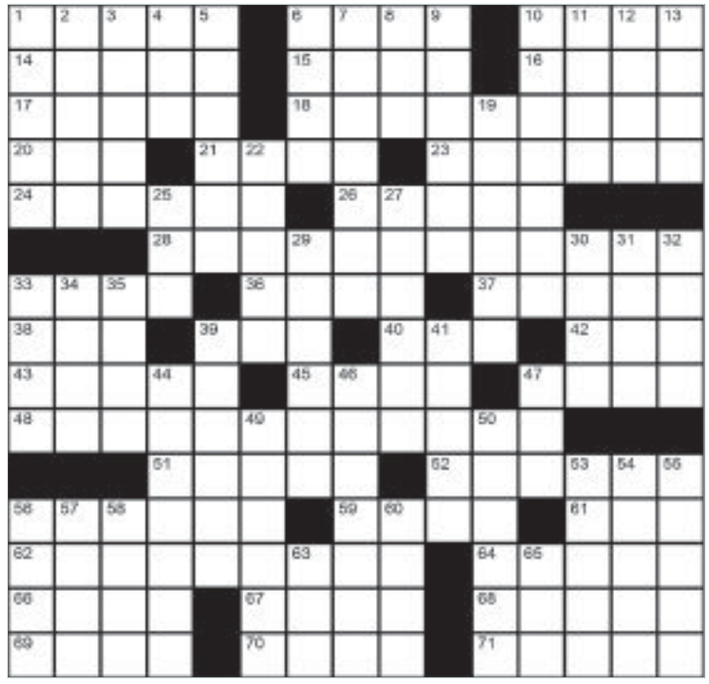
♓ Pisces
Feb. 20 - March 20
Today's new moon falls in the most creative area of your chart, so make sure you do something dynamic and decisive. Don't worry if you are short on experience or money – what you need the universe will provide.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

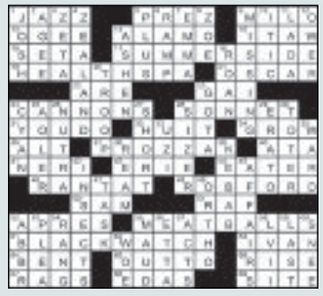
BY KELLY ANN BUCHANAN



Across
1. "Canada AM" health expert, Dr. __ Shapiro
6. Isaac's elder son
10. Mr. Jackson
14. As sturdy as __ __
15. Skim
16. Paths, for short
17. Manitoba town with Icelandic heritage
18. City of Light dwellers
20. Give ___ whirl
21. "Dial _ __ Murder" (1954)
23. Executive's plane
24. Melon type
26. Pilot's button
28. Bicycle trace on now: 3 wds.
33. Ms. Sweetnam, singer/songwriter from Bolton, ON
36. Van __, California
37. Vast, to a poet
38. "Falcon Crest" actress, __ Alicia
39. Diet soft drink
40. Final [abbr.]
42. Total
43. Salon's makeover component, commonly: 2 wds.
45. __-water advisory
47. Curds and __
48. Establishment in a 19th-century town: 2 wds.
51. Music __
52. Gives way
56. Chum
59. Seinfeld-ian phrase, when repeated
61. On, as a candle
62. The Halifax __ (Devastation in 1917)
64. Grassy plain
66. Prefix meaning 'Middle'
67. "_ ___ It Bad": Tune by Usher
68. Egg __ (Kitchen gadget)
69. Business person's "Fast!"
70. Succeed in school
71. The States: __ Mountains

Down
1. Wizardry
2. Singer Ms. Baker
3. Actress Ms. Downey's
4. West Coast NBA team, on scoreboards
5. 1984 Kim Mitchell album: '__ Alogo'
6. Hockey great Phil, to fans
7. __-cat
8. Swiss river, variantly
9. Intl. relief agency for kids
10. Opera, __ und Isolde
11. "Take __ __ a sign."
12. Nashville, __.
13. Mount of Greece
19. Clandestine
22. Region's animal life
25. Consumed
27. __ missionary (Gig for Jean de Brebeuf, b.1593 - d.1649)
29. Barney or Betty
30. Snack
31. Rock's Motley __
32. TV award
33. Performed a ballad
34. __ socks
35. "Boring."
39. 2006 Winter Olympics locale
41. Andrew __ Webber
44. Evolve
46. Town in BC near the Washington State border
47. Bitty
49. Makes sense: 2 wds.
50. Commercial area of Venice
53. Camel-like creature
54. Vintage-style eatery
55. Baby deliverer
56. US disasters responder
57. Prescriptions, commonly
58. Res __ loquitur (Negligence standard in law)
60. Sidewalk bugs
63. Lettered grocery store
65. Hollywood legend Ms. Taylor, to fans

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1				9		4	2	
	5		1	3		7		
					7			
	1	5				2		6
3								8
8		6				9	1	
			5					
		4		7	8		9	
	2	3		1				4

Friday's Sudoku

Visit metronews.ca

metro

There are better ways to make your voice heard
What's the point of making a statement, giving a speech or even talking if no one is listening?
Join the METROPOLITAN PANEL and have your voice heard by the readership of the world's largest newspaper.
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